



Post Operative Care for Fillings

A local anesthetic was used to thoroughly numb the area treated. This numbness normally effects the lips, teeth and tongue and may last for several hours after the procedure is completed. To avoid damage to your tongue and lips it is best to avoid any chewing until the numbness has worn off.

After a filling, it is normal to experience some sensitivity to heat, cold and pressure. You may also expect some soreness in your gums for several days. Rinsing your mouth with warm salt water can help to alleviate some of this discomfort and/or swelling.

How to rinse with salt:

Dissolve a teaspoon of salt in a cup of warm water,

Gently swish the water around the tooth and spit.

If the soreness or sensitivity lasts for more than a week, please call our office.

Fillings normally set completely immediately, after they are placed. Once the numbness in your lips, teeth and tongue wear off you should be able to chew as normal.

If your bite feels uneven, or if you have any questions or concerns about your new filling, be sure to give us a call.